



## Top 10 Meal Planning & Shopping Tips

1. **Dried Fruits.** Take advantage of the vast assortment of dried fruits available and dress up your cereal or salads ... or simply enjoy as a snack.
2. **Leftovers.** Re-create leftovers to make a whole new meal. Use them in wraps or sandwiches, for quesadillas, in casseroles or with pasta.
3. **Convenience.** Pick up some frozen or canned fruits and vegetables for later in the week or for busy nights.
4. **Experiment.** Try a new fruit or vegetable or prepare a familiar one in a different way.
5. **Seasoning Combinations.** Buy plain (unseasoned) frozen vegetables and create seasoning combinations using herbs, lemon juice, or garlic to keep out the fat and salt.
6. **100% Juice.** Look for fruit and vegetable juices that say 100% juice!
7. **Smoothies for Breakfast.** Frozen fruit makes great smoothies for a breakfast on the run.
8. **Easy to Grab & Go.** Fill up that fruit bowl so you and your family can grab & go!
9. **Meatless Meals.** Plan one or more meatless meals for the week – there are endless possibilities for using dried or canned beans. They're cheap too! Check out the variety in your store.
10. **Make More.** Plan for leftovers so you have a ready-meal.

